

JANUARY, 1942

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DAILY WORD

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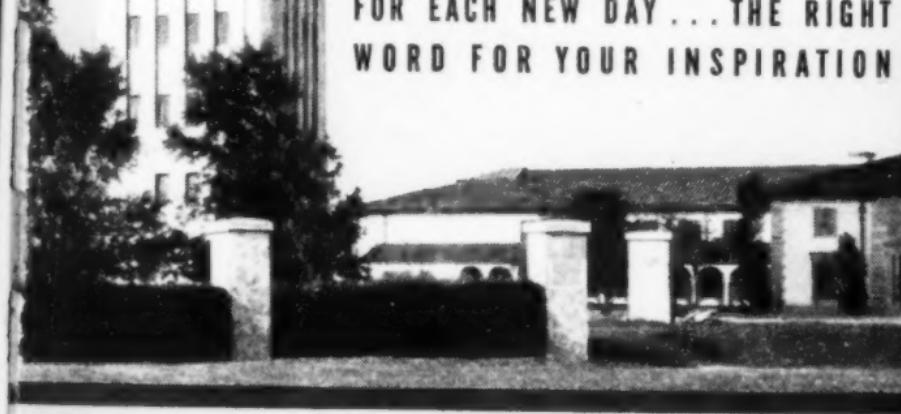
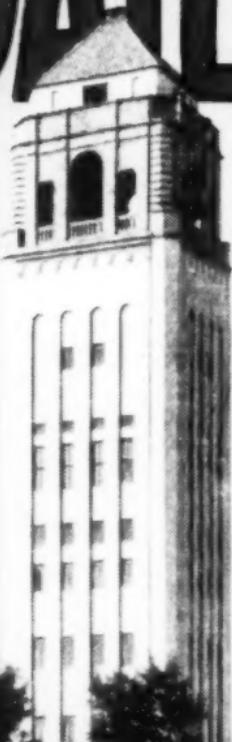
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FOR EACH NEW DAY . . . THE RIGHT
WORD FOR YOUR INSPIRATION



Class Thoughts

December 20 to January 19

Daily at 11 a. m. join us in this thought
for spiritual illumination:

*Spirit light guides me and I am free from
all mental confusion.*

At high noon each day concentrate your attention
on this thought for prosperity:

*The Spirit of plenty fills my mind and
affairs and I see prosperity everywhere.*

At 9 p. m. each night let us acknowledge the healing power
of Spirit with this prayer:

*Jesus Christ and Holy Spirit now unite in
restoring me to health and harmony.*

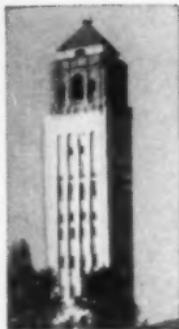
Silent Unity, the healing department of Unity School, is happy to minister to every person desiring help through prayer. Address Silent Unity, 917 Tracy, Kansas City, Mo. Compensation is by love offering.

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We also publish *Good Business*, *Prog-*

ress, *Wee Wisdom*, *Unity*, *Weekly Unity*, and *Unity Sunday School Leaflet* at \$1 a year each.

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DAILY WORD

Vol. 36

JANUARY, 1942

No. 1

EDITED UNDER THE SUPERVISION OF SILENT UNITY

Stately and tall, the Unity Campanile or Prayer Tower, which can be seen for many miles, directs the traveler to Unity Farm near Kansas City. Even so this little magazine daily directs your steps to the sun-tipped heights in whose glory you behold yourself as a son of God; for such you are.

THE GUIDING LIGHT OF SPIRIT

VIOLET THOMAS HARTMANN

Because the light of Spirit
Is my guide
I will walk the unknown pathways
Of the new year
With a courageous heart.
Sustained and unafraid,
I will bless the new year
With its vastness, changes, and newness.
I will accept the companionship
Of Progress,
Who builds with new ideas
The harmonious bridge that leads
To the land of understanding and wisdom.
There, in newness of mind,
I shall vision the boundlessness
Of life and be reborn
In the everlasting light of Spirit.

An Open Letter to My Friends

HAPPY NEW YEAR, beloved friends! I know that in Truth we are not to take thought of time, nor are we to look back, but I ask that you bear with me and allow me this privilege.

During the past year I have had the pleasure of entering thousands of your homes, to be welcomed graciously, lovingly, joyfully. Many of you have given me your very first thoughts in the morning when you turned to the lesson for the day, and many times you have returned during the day to give further thought and attention to the word of Truth on my printed page.

I know that to many of you I have brought inspiration, encouragement, and new understanding, for your letters to my editor have indicated this. It is therefore with a feeling of great joy that I leave my home each month to enter yours. Together we have many blessed, joyous adventures. With you I go on trips and vacations, ride on busses, trains, trolleys, in cars and planes, on ships, and travel to every part of the world. I enter the war-torn areas, prisons, hospitals, army camps, farm homes, business offices, wherever there is a waiting friend. And as each one of you turns for a moment to the Truth message in my lesson, there

is formed a unity of thought and prayer that blesses the world and unites us into one family, one in the Spirit of love and truth.

As together we step through the door from the old into the new year, I want to pause long enough to thank you for your loyalty and love and friendship, and for your nice letters of appreciation, comment, and suggestion, for they have all helped me to grow. I want to pledge anew my purpose to bring you "for each new day, the right word for your inspiration." My greatest desire is that as we go on from here I may bring you even more light, understanding, and peace.

Before closing my letter to you, I have a favor to ask. Should I continue to please you, and should you continue to gain from my pages the good you are seeking, please write and tell my editor. You can help too by giving me to some friend who may be in need of the word of Truth. Should there be something special you would like to see printed in my pages, write and let us know what it is.

"Now may our God and Father himself, and our Lord Jesus, direct our way unto you: and the Lord make you to increase and abound in love one toward another, and toward all men, even as we also *do* toward you."

Happy New Year!

DAILY WORD

This Is My Day

PRISCILLA DRENNEN

This is my day.

It is new and perfect and full of the
Promise of good things.

This morning I was born again.

Yesterday is gone, and all unhappiness
Was carried away on its wings.

This is my day,

A precious gift of time from the
Loving Creator of all days.

The dawn is brilliant with the sun,
And in the warm expectancy of good
It gives my heart prays:

This is God's day.

No untrue thought or word of mine shall
Mar the peace and loveliness of God
I see upon the distant high-flung hills.
I will let Him live and love and work
Through me just as He wills.

Today I Begin

LORNA LISA KLEIN

TODAY I live in the beautiful consciousness of God. I will prove that I am the master of all *things* and that the I AM in me rules over my kingdom.

I WILL make this day a building day, a constructive day, in my every secret thought, spoken word, and act.

I WILL hold no angry thought against any human being, any creed, any government or country.

I WILL not limit myself to hate or any subversive emotion. Instead I will give expression to love, kindness, truth, tolerance, patience, compassion, and forgiveness.

I WILL not limit myself to any imprisoning notion about myself, for I know that I am free and I am limitless.

I WILL root out of my human consciousness all worry, anger, fear, distrust, or poverty thoughts. I know that I am love, health, valiant courage, and a part of abundant riches.

I WILL not judge according to appearances. I will judge righteously if I can, or else let the thought go.

I WILL add a new constructive word to my speech today and use it to bless others and to enrich my own life.

I WILL bless every good thing that enters the portals of my life today, and I will go exploring to find the radiant presence of God, good, in them.

I WILL go before my mirror honestly and seek out the expression on my human face, to see if it reflects the exquisite glow of my immortal face. And if there is any look of fear, hardness, distrust, or hate there, I will wipe it off and say: Away with you! There is no room for you here!

I WILL perform at least one lovely act today without thought of credit or reward.

I WILL be busy in the holy business of looking beyond personality into the hearts of those about me to find God. I will be so busy beholding His image in them that I shall have no time to hold a grudge or look for a slight.

I WILL try to express the genius of God in my work today, therefore the fruits of my inspired hand shall be sacred.

I WILL go apart and pray, asking the Father's blessing on my body, my mind, and my inward listening heart. For I know that my body is a shining temple of radiant beauty, that in it burns the raptured flame of God, that in it sings the sheer mystic music of the radiant Being of the universe.

I WILL go to bed at night, resting in the serene peace of my Father's arms, and I will whisper to Him who listens lovingly: This has been a day of loveliness, of worth, of hours fully rewarded. This has been my perfect day.

I SHALL then know that all the tomorrows and tomorrow will be days of beauty and perfection. And each hour in them will be a jewel in my crown of time, each of them adding to the store of inner power in me, urging me on to the high goal of my accomplishment.

"This is the day which the LORD hath made; we will rejoice and be glad in it."

Live for the Hour

LALLA ANDRE

Oh, push not anxiously against the hours
Toward days greening in the sun.
Let this quiet season spin its course
Before you pledge allegiance to another one.
Halt your quick footsteps. Do not run
Blindly toward the spring.
Here too is beauty of which poets sing.
Steel not your heart against this season's face.
Each hour, each moment, has its given place
In God's all-knowing plan.
Drink deeply while you can of snowy grace
Of field and tree. Drain well the glass.
You are a spendthrift if you let this beauty pass
Untasted and tried. Oh, be not blind
To joys the winter brings. If you but look
You'll find God is not partial
To the spring. His love is wide:
Each season in its course is heaven's pride!

Youth Is Yours

MARTHA SMOCK

YOUTH is not a matter of years but of ideas, of reactions, of mental attitudes. The time of youth does not begin at any certain age or end at an appointed time. It is in essence the ever-unfolding awareness in man's consciousness of the eternity of life.

Glowing vitality, enthusiasm, flexibility, and eagerness to learn characterize the spirit of youth. The number of years that a person may have lived neither adds to nor detracts from his expression of a youthful spirit. His consciousness of life and Truth and his expression of it are the determining factors.

Who are the young in heart? They are persons who love much, who love life, who love people, who love their work. Love is a great rejuvenating power; it is a great beautifier, harmonizer, adjuster. Where there is a continual flow of love there is also a continual process of renewal taking place in mind and body, in spirit and soul.

Who are the young in mind? The young in mind are those who hunger and thirst after knowledge and understanding, who are open and receptive to new ideas. The young in mind have the

grace and courage to change their mind rather than to cling to an outworn idea because it once coincided with their beliefs. They feel that the world is still new, that man has just begun to explore its wonders and discover its truths. The young in mind believe that the same mind is in them that was in Christ Jesus, and they have the faith to follow Him in the way of Truth.

The truly youthful are those beloved persons who know how to smile, how to laugh, how to be friendly. They appreciate their body as a temple of the living God, care for it, respect it, and maintain in regard to it a consciousness of life, wholeness, and vitality. They who have captured the spirit of youth do not let a consciousness of years dictate their mode of dress but choose their apparel with an eye to beauty and suitability to their needs. The young in spirit think straight, sit straight, stand straight, and walk straight.

Youth is yours! Accept this as the Truth about yourself. Join the young in mind, the young in heart, the young in spirit, if you are not already numbered among them. Say to yourself each morning: I live in the consciousness of eternal youth now. This will help you build up a strong life consciousness that knows no deterioration, no letdown, no growing old. God in you is the spirit of eternal youth.

If a Man Die

DR. CHARLES STELZLE

IF A MAN die shall he live again? No—because he shall never die: There's something in man that lives forever.

You are the same man that you were twenty years ago, but your body has been replaced several times during this period—your brain is rebuilt twice each year.

But memory remained with you clear through this transformation.

Nothing is ever destroyed. Coal burns, but the ashes and smoke and gases precisely equal the original bulk—they have simply taken on another form.

Arguing from the indestructibility of matter, can you believe that memory and heart treasure and soul culture perish?

When a tree has borne leaves and fruit, its work is done. But not even the wisest man who ever lived had finished his work when "death" came—he was just beginning to understand.

Can this be all of life for him? Is there nothing left but a hole in the ground? Does this seem in harmony with God's method, which in everything else brings us on from glory to glory?

Many of man's faculties are like unwrapped tools in a chest—unexamined, unnamed—waiting for use in a future world.

We know that . . . there must be something ahead—the immortality which will permit us to see the fulfillment of our dreams.

And this new world would be incomplete without

those who struggled to bring men nearer to perfection in the present world.

(Reprinted from the Journeyman Barber Magazine by permission of Charles Stelzle, Inc.)

“Stayed on Thee”

GRACE NOLL CROWELL

“Thou wilt keep *him* in perfect peace,
Whose mind is stayed on thee.”

God, help me stay my wandering mind,
That peace may dwell in me.

“Because he trusteth in thee.” Thus
There comes the sure reward
Of peace as white as angel’s wing
To those who trust the Lord.

And we are told to trust Him long,
Through time’s unending length;
For in the Lord Jehovah there
Is everlasting strength.

Worthy of trust Thou art, O Lord.
Bid all distractions cease.
Lo, now I stay my heart on Thee,
And find Thy strength, Thy peace.

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JANUARY 1

Thursday

I AM A NEW CREATURE IN CHRIST JESUS.

AS THE new year begins for me today I rejoice that I am become a new creature in Christ Jesus. His Spirit renews my spirit, and I am filled with new strength and power to meet any difficult situation that may arise.

I resolve to let the Spirit of newness pervade each day of the new year. I resolve to be kind, loving, and compassionate at all times and under all circumstances.

I resolve to keep my faith strong and steadfast, equal to any demand that I may need to make upon it.

I resolve to be joyful in heart and mind, knowing that my joy is a powerful stimulus to others and helps them to be cheerful and optimistic.

I resolve to let God's grace and Truth be expressed through me momently, for I know that He has appointed me to be an apostle of peace.

Father, I daily consecrate myself to Thy service. I know that Thy blessing rests upon me throughout the new year.

• *Ye have put off the old man with his doings, and have put on the new man.—COL. 3:9, 10.*

GOD HAS PREPARED HIS RICHES FOR ME. I AM READY TO RECEIVE THEM FROM HIM.

IN HER book *God a Present Help* H. Emilie Cady says that God always desires us to have more than we are willing to receive. He has given us the plenitude of His gifts. He is offering them to us continually. However we must put ourselves in readiness to receive them.

The first condition of preparation is that we must enlarge our vision of Him. Instead of seeing God as barely able to give us the supply to meet our needs, we are to behold Him as infinite supply that knows no lack or inadequacy.

Next we are to dismiss from our mind any limiting thought that tries to tell us we are unworthy to receive His gifts.

Thirdly, we are to perceive that His supply is at hand, and become ready and willing to receive it. Then lastly we are not to remain in a merely passive state of readiness, but we must be determined to have what God wants us to have. God has done His part; let us now do ours.

• *Already are ye filled, already ye are become rich.*
—I COR. 4:8.

I OVERCOME EVERY ADVERSE SITUATION THROUGH THE MIGHTY POWER OF DIVINE LOVE.

WHEN WE come face to face with a situation that stirs us to anger or resentment or induces fear in us, our human tendency is to fight, to strike back, to subdue or overcome it by physical force.

Such measures may have some effect, but they do not bring complete success. The great teacher Jesus Christ knew that resistance to any condition or situation is not in accord with God's law of love. He taught us that we were not to be resistant to "evil," for He knew that we often label things evil merely because we do not understand them.

True nonresistance requires a positive attitude of mind. We are not to fight "evil," neither are we merely to endure it passively. Rather we are to overcome it by knowing that only the good is enduring. Evil has no power over the man who refuses to accept it as such. Love is the great power that overcomes every adverse situation.

** Be not overcome of evil, but overcome evil with good.*
—ROM. 12:21.

I NOW ERASE FROM MY MIND ALL UNHAPPY THOUGHTS OF THE PAST. I THINK JOYOUS, PROGRESSIVE THOUGHTS, AND MY LIFE IS FILLED WITH PEACE AND CONTENTMENT.

IF WE do not guard our thinking carefully we often find ourself calling back to mind certain occurrences that caused us unhappiness in the past. Such "living in the past" is a waste of spiritual energy.

The past should never be a source of grief or remorse to us. These negative states of mind hinder our spiritual growth and progress. The past is of value or importance only in so far as it furnishes us with a guide for our life today.

What we think today, what we do today, what we are today, carves the pattern for our future. If this pattern is discolored by dark thoughts of the past, so will the future be discolored. To keep it clear our thoughts, words, and deeds must be positive and constructive.

Let your thoughts today rise up as on wings. Let them be bright, happy, joyous. Let your mind be radiant with love, peace, and contentment.

◆ *But one thing I do, forgetting the things which are behind . . . I press on toward the goal.*—PHIL. 3:13, 14.

RY 4

JANUARY 5

Monday

I AM NO LONGER BURDENED BY WORRY.
CHRIST IN ME IS MY ASSURANCE OF SUCCESS.

WORRY and anxiety are the twin thieves that rob us of the strength that we require to live and enjoy a full and successful life. If we are to make the most of our daily opportunities we must get rid of these undesirable companions and let the Spirit of Christ direct our mental and physical activity.

Someone has said that worry slows down our mental activity in much the same manner as a brake slows down the turning of a flywheel. We can free ourselves from the burden of worry and anxiety by first of all realizing our dominion, knowing that the Christ indwelling in us is superior to every adversity, and then letting His Spirit infuse us with the assurance that all is well in our world.

"Where the Spirit of the Lord is, *there is liberty*" from every form of negation. Let this realization set us free this moment, for His Spirit is in us.

• *Let all your anxieties fall upon him, for his interest is in you.—I PET. 5:7 (Moffatt).*

I REALIZE THAT MY WORDS HAVE SPIRITUAL POWER, AND I SPEAK ONLY WORDS THAT ARE POSITIVE AND CONSTRUCTIVE.

THE POWER of the spoken word is not a new discovery. It has been known for centuries.

The scriptural writers knew it well. The writer of Genesis symbolically portrayed it when he represented God as speaking words, and the creation taking place as a result.

Jesus Christ healed the man possessed of seven devils through using the power of His spoken word. Conversely He revealed the destructive power of negative words when He cursed the fig tree that bore no fruit, and it withered and died.

Unity stresses the use of good words because we know and have proved that they are the key to the conditions in our life. Words of fear, criticism, and their ilk build up negative mental states that eventuate in unhappiness. Words of beauty, strength, joy, and Truth create harmony and peace, and cause health and prosperity to become manifest in the world.

• *Speak . . . nothing but the truth in the name of Jehovah.—I KINGS 22:16.*

JANUARY 7

Wednesday

TODAY MY HOME IS QUIET, RESTFUL, AND ORDERLY BECAUSE THE SPIRIT OF CHRIST PERVERVADES IT.

NO DISORDER or dissension can exist about us when we give full recognition to the presence of the Spirit of Christ. His Spirit is a peaceful Spirit. It is mighty to establish harmony where there appears to be discord, peace where there appears to be contention and disagreement.

Jesus Christ said, "Peace I leave with you; my peace I give unto you." His gift of peace is given to us freely, and it always awaits our claiming it. From His loving and compassionate heart it flows to us as a deep, untroubled stream wherein we may immerse ourself and let ourself be filled with calmness and poise.

In order that the peace of Christ may be established in us and about us, let us affirm: The peace of Jesus Christ now pervades me, my home, my work, and all my affairs. I am established in His peaceful Spirit. Peace is mine, and all is well. Peace be to all men everywhere.

• *My people shall abide in a peaceable habitation . . . and in quiet resting-places.—ISA. 32-18.*

CHRIST ABIDES IN ME. NO PERSON, THING, OR EVENT HAS POWER TO DISTURB ME.

IF WE have gained the clear realization that Christ dwells within us as the directing Spirit of our life, we remain forever undisturbed by any tumult in the outer world. Contention, whether of words or of armies, cannot disturb the calm peace of our soul.

In our word for today we have a powerful prayer for peace and harmony. At the present time our world is in the throes of a spiritual rebirth. In the passing of the old conditions and the establishment of the new we are faced again and again with experiences that demand of us the utmost in forbearance and tolerance. Christ in us is master of every situation.

As never before the world today has need of men and women who are stout of heart and strong of spirit, who in the midst of strife and turmoil preserve the perfect peace of solitude. Let Christ in you keep you peaceful and undisturbed, and help you to help others preserve their stability.

◆ *When he giveth quietness, who then can make trouble?*—JOB 34:29 (A. V.).

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JANUARY 9

Friday

THE SPIRIT OF TRUTH DIRECTS ALL MY DECISIONS, AND I DO NOT MAKE MISTAKES.

WHETHER or not you are facing an important decision at this moment, you will find the word for today a helpful prayer to use. It will serve to remind you that you should invoke the guidance of the Spirit of truth, God's wisdom, before you decide upon any course of action.

To call upon the Spirit of truth for guidance it is not always necessary to go deeply into the silence. Often a momentary stilling of your mind and a brief invocation, such as "Father, guide me," will be followed by the inflow of divine wisdom. God's guidance is sure and is accompanied by a feeling of certainty that sets at rest any objections our human mind may try to interpose.

Today the world is facing momentous decisions. You can help those who are charged with the responsibility of ruling the nations of the earth by invoking divine guidance for them. Say for them: The Spirit of truth directs all your decisions, and you do not make mistakes.

◆ *Let them hear, and say, It is truth.—ISA. 43:9.*

THE SPIRIT OF JOY IS EXPRESSED THROUGH ME TODAY. I SING JOY, JOY, JOY!

JOY FILLS my heart and mind today. I am a perfect channel for the expression of joy. I am joyful beyond words to speak. The very Spirit of joy rises up in me and overflows into my world. My heart sings for joy. Its glad song is heard on high.

I am joyous and enthusiastic about all that I do. I rejoice in the many gifts of God's love that I have received and receive momently. I rejoice in the love of my family and friends. I rejoice in the love of God that has placed me in this world, where I can live and serve Him.

I rejoice in the knowledge of God that has freed me from fear. I rejoice in my freedom. I rejoice in the opportunity to help and uplift others who are unhappy or downcast. The Spirit of joy radiates through me to inspire them to express joy and gladness.

Joy makes me strong and positive at all times. I give praise for God's goodness, His love, His peace, His plenty. I am joyous eternally!

• *The voice of joy, and the voice of gladness . . . shall say, Praise the LORD.—JER. 33:11 (A. V.).*

RY 10

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JANUARY 11

Sunday

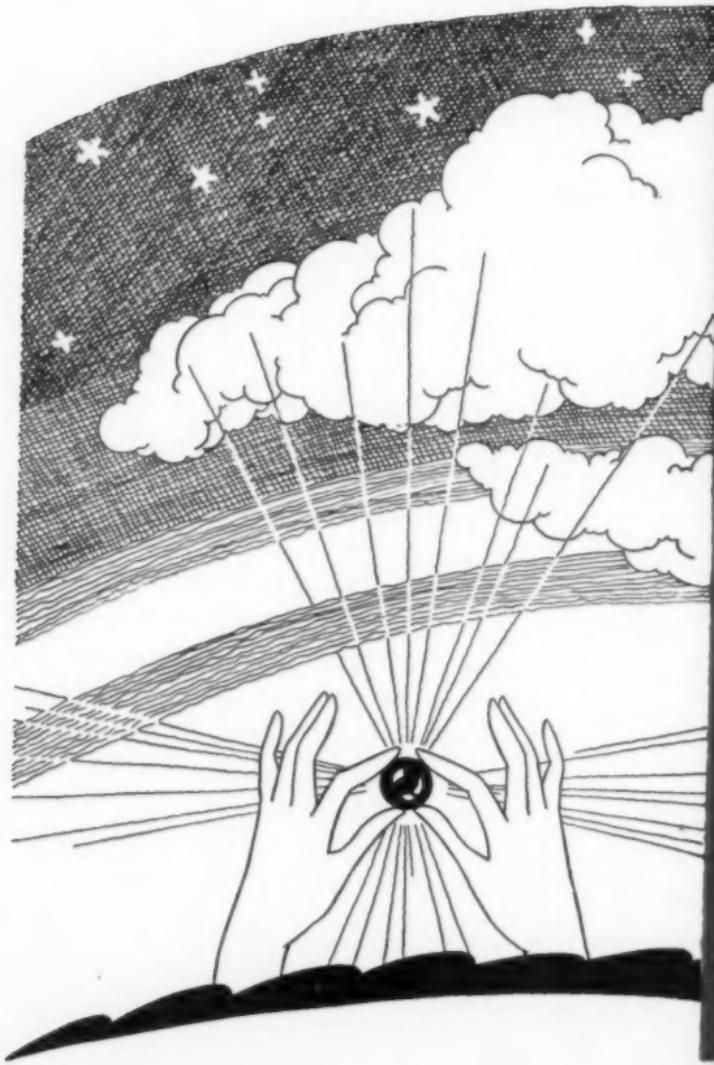
I WORSHIP GOD BY SEEKING TO EXPRESS HIM IN MY LIFE.

IN THE Scriptures we are commanded to worship God. The dictionary defines worship as an act of adoration or reverence, but in Truth worship includes more than the outward manifestation of devotion or adoration.

When we say that we worship God we mean that we keep our mind and heart attuned to His and make our every thought, word, and deed express His life, love, and wisdom. Though we may evidence our worship in an outer way by church attendance and observance of religious ritual, true worship is of the spirit, and we can perform it continually, no matter where we are or in what occupation we are engaged.

True worship requires us to concentrate our attention on God, the good, and resolutely deny all that appears to be unlike good. Let us be steadfast in our devotion to God. By keeping our mind fixed steadfastly on Him we establish ourselves in the consciousness of eternal good.

¶ *The true worshippers shall worship the Father in spirit and truth: for such doth the Father seek to be his worshippers.—JOHN 4:23.*



New Year's Day

WILLIAM VORST SHEPPARD

This day indeed of all the year
So I hold dear,
This bright, untarnished jewel
Given into my humble keeping,
Untouched by fears,
Unmarred by weeping,
First to be strung upon the chain
Of days that weave their yearly
Circle round my head.

Here at this fount my newborn
Hopes are fed. Here are

My resolutions
Hedged; and hedged with faith
In the almighty good, I face
The future fortified,
Knowing that with this
Hour of dawning I erase
All that has gone before,
And here begin my life once more!

THE SPIRIT WITHIN ME IS THE SOURCE OF MY INSPIRATION AND WISDOM.

WE DO not need to seek outside ourselves for wisdom, for the Spirit indwelling in us is the fount of all wisdom. It is ready to answer our every call, to infill us with the wisdom that we need.

In books we can find recorded the sum of human knowledge, but we need to remember that knowledge is not always synonymous with wisdom. Knowledge is based on facts that man has gathered from his trial-and-error experiences. Wisdom is above knowledge. It is eternal divine truth. Facts change. Truth never changes.

We should always look to the Spirit within us for inspiration and wisdom rather than seek to find it in books. Books are helpful, but the highest service they can perform is to point us to the Spirit who is all wisdom.

When we are guided by divine wisdom we do not make mistakes. We are enabled to take hold of divine ideas and put them to practical use.

• *The Spirit of Jehovah shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might.—ISA. 11:2.*

JANUARY 13

Tuesday

THE SPIRIT OF COURAGE IN ME IS A MIGHTY SPIRIT. I AM FEARLESS.

COUREAGE is the correlative of faith, for when we have faith in God as the supreme power we are courageous under all circumstances. Even though we are called upon to undergo hard experiences the Spirit of courage in us will carry us through them victoriously.

Courage is the sublime quality of spirit that high-lights human endeavor. The pioneers of every age have possessed courage in a high degree, and it has enabled them to come successfully through every kind of adversity.

Let us not be dismayed by dark shadows that appear before us. The Spirit of courage in us bids us not face the shadows but to behold the eternal light of God behind them.

We today are fearless pioneers of the new age. We are going forward unafraid to face new and strange conditions. We can help others to be courageous by speaking heartening words of praise and encouragement to them.

• *God gave us not a spirit of fearfulness; but of power and love and discipline.—II TIM. 1:7.*

I WILL TO DO THE WILL OF HIM WHO SENT ME.

NOT EVEN the infinite power of God can compel us to become subservient to His will. He created us, His children, in His image and after His likeness, and gave us freedom to think and to act as we choose. We are free to direct our life in whatever path seems good to us.

We can think and act according to the dictates of our personal will, which is shortsighted and selfish, or we can think and act in accordance with the will of God. The divine will is inherent in us, and we have the power to make contact with it through prayer.

God's will for us is not that we be deprived of what will make us happy. He wills that we have every good thing that is in His storehouse. His will for us is success. By attuning ourselves to His will we learn what He would have us do.

The prayer for today, spoken in faith, will put us in tune with God, and unify our personal will with the divine will.

¶ I seek not mine own will, but the will of him that sent me.—JOHN 5:30.

JANUARY 15

Thursday

THE PERFECT JUSTICE OF GOD IS NOW ESTABLISHED IN ME AND FOR ME.

IF YOU feel that others are treating you unjustly or unfairly, turn now to God's Spirit within you and ask Him to help you look at your situation from the impersonal standpoint of Truth.

As a Truth student you know that there is only one law, the law of God or good. This law governs your life and activities. Nothing that is unlike good can come into your life unless you invite it by giving recognition to it. If there is injustice in your life it is there because you have permitted it to appear by accepting it as true.

Your acceptance of the thought of injustice as being true does not make it so, because it is still out of accord with God's law. If you would free yourself and others from the thought of injustice change your thinking. Center it firmly on the good. Refuse to admit that you can receive anything other than good. Thus you will open the way for perfect justice to be done.

• *I will sing of . . . justice.*—PSALMS 101:1.

I GROW IN GRACE AND TRUTH AS I KEEP MY MIND CENTERED ON GOD.

IT is a law of mind action that we become like that to which we give our attention. We become more loving by giving our attention to love. We increase our ability to express any God quality by directing our attention to it. We become more Godlike by centering our attention momentarily upon God.

When Jesus' parents, searching for their lost child, found Him in the midst of the teachers and reproached Him, He said to them, "Knew ye not that I must be in my Father's house?" Even at the age of twelve His whole attention was given to God, His Father. Luke significantly remarks, "Jesus advanced in wisdom and stature, and in favor [grace, marginal rendering] with God and men."

If we would grow in grace and truth we cannot do better than follow the splendid example of Jesus. From early childhood He thought only of becoming like His Father. His is the greatest success story ever told.

• *God is able to make all grace abound unto you.*
—II COR. 9:8.

THE BREATH OF THE ALMIGHTY IS MY LIFE.

IF WE ARE troubled with a cold, bronchitis, asthma, or any other type of respiratory condition, we need to lay hold of a stronger realization of our relationship to God life. We are part of God, not apart from Him.

We find that one definition of the word inspiration is "the act of breathing in." The act of breathing by which we draw life-sustaining air into our lungs is the outpicturing of the spiritual activity of inspiration by which we draw the life-giving breath of the Almighty into our being. This "breath of the Almighty" is our life.

When we understand that the act of physical breathing is symbolical of our breathing in the life of Spirit, it helps us to realize the eternal truth that God is our life.

To strengthen our lungs and heal any respiratory disorder, we shall find the word for today helpful. Let us say: I am Spirit. I am filled with energy, vigor, and vitality. The breath of the Almighty is my life.

• *I will cause breath to enter into you, and ye shall live.*—EZEK. 37:5.

IN THE HOLY PRESENCE OF GOD I FIND QUIETNESS AND REST.

THERE IS peace, quietness, and rest in the serene and gracious presence of God. As we come into His presence His peace enwraps us like a cloak of finest gossamer, stilling our human fears, dissolving our human burdens, freeing us from any sense of inferiority or lack.

"The eternal God is *thy* dwelling place,
And underneath are the everlasting arms."

When we rest in God we are no longer disturbed by conditions in the outer world, or vexed by our own shortcomings. We are free from confusion. We are cleansed from the errors of the past.

"Come unto me . . . and I will give you rest." Thus speaks the divine voice to us. As we obey our very life is changed. We are lifted up, strengthened, vitalized, exalted in heart and mind.

As we commune with God today we let His presence distill through us. He gives us assurance, and a new sense of our own capabilities. In His name we are renewed and replenished.

¶ *In returning and rest shall ye be saved.—ISA. 30:15.*

THE SPIRIT OF HONESTY, PROMPTNESS, EFFICIENCY, AND ORDER IS NOW EXPRESSED IN ME AND IN ALL THAT I DO.

THE PRAYER for today is a good treatment for you to use if you are in debt, are over-worked, or are having difficulty with your personal affairs. It is filled with great spiritual power to adjust and harmonize conditions.

If your life seems jumbled and you seem unable to make headway in reaching the goal you have set for yourself, stop for a moment now and look at your situation impersonally. Are you honestly trying to give your very best in the work you are now doing? Are you doing everything promptly and efficiently? Are you earnestly trying to co-operate with your fellow workers?

If you can answer these questions truthfully in the affirmative, you are already working out the right solution to your problem. If any of your answers are in the negative, perhaps you will find there the key to the puzzle. God's Spirit is with you when you do your work in His name and to His glory.

• *Let all things be done . . . in order.—I COR. 14:40.*

Class Thoughts

TO BE USED FROM

January 20 to February 19

The affirmations on this page, known as the Unity class thoughts, are composed by Charles Fillmore for the purpose of providing central ideas upon which Truth students everywhere may concentrate during the month. You are invited to use them with Silent Unity not only at the hours specified but whenever you have opportunity.

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At 11 a. m. use this thought for

*ILLUMINATION . . . Thou art the light
of my life, and I trust in Thy guidance.*

At 12 noon use this thought for

*PROSPERITY . . . Filling my mind with
thoughts of Thine unfailing resource
makes me see and manifest prosperity.*

At 9 p. m. use this thought for

*HEALING . . . My health springs forth
speedily when I trust in Thee.*

→→→←←

The lessons on the following three pages are based upon these
class thoughts.

THOU ART THE LIGHT OF MY LIFE, AND I
TRUST IN THY GUIDANCE.

FATHER-GOD, my life is illumined by Thy holy presence. Thou art the light that makes clear my every pathway. Thou art the light that dispels the darkness from my mind and increases my ability to think clearly and lucidly. Thou art the light that reveals to me my divine nature, my sonship to Thee.

Father-God, I am ready always to follow Thy guidance in doing all that Thou wouldest have me do. I know that of myself I can do nothing but that under Thy wise direction and sustained by Thy Spirit I can do marvelous works.

Because I know that Thou art my Father, whose very Spirit is love, I trust Thee utterly in all ways. Fearlessly and fully I place my confidence in Thee, knowing that Thy will for me is that I have and enjoy peace, health, and plenty.

I behold Thee in everyone with whom I come in contact this day. Thy light shines in me and through me to bless them.

• *Light shall shine out of darkness, who shined in our hearts, to give the light of the knowledge of the glory of God.—II COR. 4:6.*

FILLING MY MIND WITH THOUGHTS OF THINE UNFAILING RESOURCE MAKES ME SEE AND MANIFEST PROSPERITY.

A BANK account is of little value to us unless we can draw out and use the money we have on deposit in it. We may read in books or be told by teachers that God is our unfailing resource, but until we learn how to make a practical application of this truth in our daily affairs it has but little meaning for us.

Our thought for today is the prosperity prayer for the current month. Studying it carefully, we find that it points out the procedure we are to follow in order to make God's abundance manifest in our life.

First we fill our mind with thoughts of the unfailing resource of God. We think of it as being unlimited, always at hand, and ready to meet our every need abundantly. These thoughts are dynamic, and they attract to us new ideas in which we see great possibilities. Putting these ideas to work, we find that they cause prosperity to become manifest for us.

◆ *Thou shalt see and be radiant . . . because . . . abundance . . . shall come unto thee.*—ISA. 60:5.

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JANUARY 22

Thursday

MY HEALTH SPRINGS FORTH SPEEDILY WHEN
I TRUST IN THEE.

PERFECT health is the natural state of man. Any form of illness or physical imperfection is unnatural and can be healed when our faith is sufficiently strong. Jesus Christ healed many "incurable" conditions: a withered hand, blindness, leprosy, and He even stirred into activity the latent life in the dead Lazarus.

Jesus was able to heal those who sought His ministry because He had perfect faith in God. He knew that man is a spiritual being, essentially perfect. His faith in that truth was so great that it enabled Him to awaken and quicken faith in others. They were healed at once.

Health is within you as a divine principle. You are expressing it to the degree that you have laid hold of the idea that God is your health. To increase your manifestation of health you need to increase your faith in God as health. Let your faith be quickened now to perfect trust, as you realize that you are God's perfect child, and your health springs forth speedily.

• *Thine health shall spring forth speedily.—Isa. 58:8 (A. V.).*

I LIFT UP MY EYES, AND BEHOLD GOD'S GLORY EVERYWHERE.

HUMANLY it is difficult, well-nigh impossible, to see the glory of God evidenced in nations at war, their peoples suffering hardships of every description, the earth ripped and torn by shells and bombs.

Such conditions are a challenge to us to look beyond the appearance to the true spiritual reality. The real world is God's world, His true spiritual creation, and it is radiant with His glory. We cannot see it with our human vision, but we can and do see it by "lifting up our eyes," calling into activity our spiritual vision.

When we judge the present by appearances that are deceptive and transitory, we are likely to miss the full significance of what is taking place about us. Only when we look beyond that which appears to be, to that which is, can we see the glory of God.

No matter what the appearance may be, God is still living in and through His world.

• *Blessing, and glory, and wisdom, and thanksgiving, and honor, and power, and might, be unto our God for ever and ever.*—REV. 7:12.

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JANUARY 24

Saturday

MY LIFE IS FILLED WITH BLESSINGS, AND I PRAISE GOD FOR HIS LOVING-KINDNESS.

THROUGHOUT the Bible we find songs of praise to God for His loving-kindness. The Psalms are filled with ejaculations of praise and thanksgiving to God for His many blessings.

Why do we praise God? Surely it is not because we feel that God is susceptible to flattery or cajoling. God, being unchangeable principle, is not swayed or influenced by our praise.

We praise God for the same reason that we pray: not to change God but to change ourselves. Praise enlarges our capacity to receive. Every time we express our gratitude either by saying thank-you to some person or by offering a prayer of praise to God we open the way for greater abundance of good to come to us.

Praise is sometimes said to be a "magic" quality, for it paves the way for greater happiness to come into our life.

Let your heart be uplifted in praise to our loving Father, and He will bless you abundantly.

• *Bless thou the LORD, O my soul. Praise ye the LORD.*
—PSALMS 104:35 (A. V.).

FATHER, I MAKE MY PRAYER UNTO THEE,
AND I KNOW THAT THOU DOST HEAR AND
ANSWER ME.

IN THE book *Teach Us to Pray* Charles Fillmore says: "Through prayer we gain the intimate relationship with God that Jesus Christ must have enjoyed when He said, 'I and the Father are one.'"

"In deed and in truth prayer is man's spiritual approach to God, and effective prayer does not agonize. Neither Jesus nor any man who has fused his soul with the soul of God has suffered or agonized."

"Whenever we wholly merge our mind with creative Mind we meet Jesus Christ in our consciousness, and it is when we are in this consciousness that our prayers are fulfilled. The ability to merge our mind into the one Mind makes a great soul of us."

There are many kinds of prayers, but the effectual prayer is the one that recognizes God as the Spirit of all good, ever ready and willing to hear and answer. Pray with faith and assurance and God will not fail you.

• *Call unto me, and I will answer thee.—JER. 33:3.*

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JANUARY 26

Monday

I AM EAGER TO SERVE GOD, FOR I KNOW THAT HE HAS NEED OF MY SERVICES.

GOD HAS need of you. He needs your hands, your stout heart, your active mind to work for Him, to minister in His name to those who are unhappy, oppressed, or sorrowing.

You are of great importance to God. He has purposed that you do mighty works in His name. Only you can do those works. Even though you feel that the work you are now doing is humdrum and of little value, it is of great value to God. He has intrusted to you the responsibility of doing it, because He knows that you are capable of doing it better than anyone else, and He relies on you.

Rid yourself once and for always of the deadening thought that you are of no importance in the world. You are important, otherwise you would not be here. God did not make a mistake when He placed you in this world to serve Him.

Since you now know that God has need of you, serve Him eagerly, wholeheartedly. His Spirit will flow into you and bless you with success.

• *Ye are of more value than many sparrows.—LUKE 12:7.*

I HAVE FAITH IN GOD AS THE ONE AND ONLY POWER IN MY LIFE.

WHAT DOES faith mean to you? Are you one of those who say, "I have no faith"? Surely you must realize that this assertion is contrary to truth, for every man has faith. It is a divine quality with which he is endowed by his Creator. We can rightly paraphrase a familiar proverb thus: "Where there is life there is faith."

There are any number of good definitions of faith. Paul called it the "assurance of *things* hoped for, a conviction of *things* not seen." Faith involves recognition of your divine relationship to God and the acknowledgment of Him as the great divine power that is in process of expression through you momently.

If you actually feel that you are without faith, that is a signal to you to get busy and dig it out of the discouragement, unbelief, and fear that now cover it. You can do this by affirming continually: I have faith in God. He is the one and only power now in perfect expression in and through me.

• *Be not faithless, but believing.*—JOHN 20:27.

THE ETERNAL TRUTH OF GOD IS MY STANDARD OF LIFE AND CONDUCT.

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WE SOMETIMES speak glibly of living the Christ life without pausing to realize just what that phrase implies. What is the Christ life? How is it lived? How can we learn of it?

In the ministry of Jesus Christ as recorded in the Scriptures we find the supreme example of life and conduct. Everything that Jesus did was motivated by divine love, and directed by His desire to express God. He said, "The Son can do nothing of himself, but what he seeth the Father doing." He understood fully the eternal Truth of God, and He sought continually to reveal it to man. "Do as I do," He said in effect, "live as I live, and you will realize that you and the Father are one."

When we try sincerely to live according to Truth we establish a new standard of conduct for ourselves. We cease to be selfish, opinionated, domineering. Instead we become unselfish, humble, co-operative, and loving in heart.

• *He that doeth good is of God.—III JOHN 11.*

THE LOVE OF GOD PERVERADES MY BEING. I AM PATIENT, TOLERANT, FORGIVING, AND COMPASSIONATE TOWARD EVERYONE.

WHEN THE love of God pervades our being we are conscious of the bond of fellowship that exists between us and all men everywhere. We know that we are the children of God, beloved by Him, and one in Spirit with Him.

When we express God's love we are no longer jealous, impatient, arbitrary, or unforgiving toward others. His love in us, as Paul said, "taketh not account of evil . . . but rejoiceth with the truth."

In any problem of personal relations the important factor is not the other person's attitude toward us but our attitude toward him. Are we tolerant of his viewpoint? Are we patient with his apparent shortcomings? Are we forgiving and compassionate under all circumstances?

By His own law God cannot withhold His good from us if we "walk uprightly" and are loving and forgiving toward our fellow men.

• *Walk worthily . . . forbearing one another in love.*
—EPH. 4:1, 2.

I AM ALERT TO HEAR THE VOICE OF GOD.

SOMETIMES we are so eager to tell God all about our troubles and to importune Him to help us that we forget to listen to Him. We should follow the example of the little girl who after saying her prayers at bedtime sat perfectly still with her eyes shut tight. Afterward she explained to her mother, "First I talk and God listens, then God talks and I listen."

This little story illustrates the truth that prayer is not a "one-way" affair in which we do all the talking and God all the listening. Prayer is an interchange. First we talk to God, then God talks to us, and we must be on the alert to hear His voice.

How can we hear the voice of God when He speaks to us? We hear it by becoming spiritually receptive to the inflow of His divine ideas. God does not speak in words that are audible to our physical ears, but He communicates with us by means of ideas, and we must be continually on the alert to receive and lay hold of them.

* *Then shalt thou call, and Jehovah will answer; thou shalt cry, and he will say, Here I am.—ISA. 58:9.*

I AM LIBERATED FROM THE BONDAGE OF OLD THOUGHTS AND CONCEPTIONS. THE SPIRIT OF THE LORD HAS SET ME FREE.

YOU ARE no longer under bondage to old thoughts and conceptions. The Spirit of the Lord has set you free. You have called upon Him, and He has sent His angels, His messengers, His high and lofty thoughts to liberate you. They have dissolved your bonds, and they now minister to you.

You are free because you have chosen to arise out of the ashes of the past into the glory of the present. You have chosen to accept the new conception of wholeness in Truth instead of the old conceptions of sin, suffering, and lack.

Whereas you once said, "I am sick, poor, and unhappy," you now say exultantly, "I am whole, perfect, happy, and prosperous." You no longer live "after the flesh" but are a "new man in Christ Jesus."

Rejoice in your freedom! You are free henceforth and forevermore!

• *Stand fast . . . be not entangled again in . . . bondage.—GAL. 5:1.*

*How can I live victoriously?
How can I find true happiness?
How can I feel secure?*

Are these some of the questions that run through your mind as you read your newspaper, talk with a friend, or hear a broadcast giving news of the world today?

Then you will want to read and study "The Call to Courageous Living," a new series of articles by Kathryn Sanders Rieder to appear in *Unity* magazine beginning in the February issue. Here are the titles of the articles that make up this series:

**THERE IS ALWAYS HOPE
FAITH THE SUSTAINER
COURAGE TO LIVE
BY A MAN'S WORKS**

In them you will find a message of hope, courage, and faith, the requisites for courageous and happy living **TODAY**.

If you are not already a regular reader of *Unity* magazine, now is an excellent time to begin your subscription. Besides receiving the complete series of articles, if you send your order now, you will receive each month other articles on vital Truth principles, a commentary on the International Bible lessons, questions answered by Silent Unity, and testimonials of those who have proved God's love.

Unity magazine is \$1 a year

UNITY SCHOOL OF CHRISTIANITY, 917 TRACY, KANSAS CITY, MO.

January 1, 1942:

"I Resolve to Be More Prosperous This Year."

Prosperity doesn't just "happen" to you. It comes as a result of persistent application of the laws that govern prosperity. The steps to be taken in fulfilling the laws of prosperity are:

1. Acknowledge God as the source of your good.
2. Trust God to fill your needs and thank Him for your good.
3. Share your good with others and give your love and blessings with your gifts.

The Prosperity Bank drill will help you keep your new-year resolution to be more prosperous this year. The drill has been planned so that the three steps of the prosperity law may be followed regularly. The drill provides an easy and convenient way to share your good with others by saving a coin each day in the Bank for gift subscriptions for *DAILY WORD*. Your order may include your own subscription or renewal if you like. Silent Unity will pray with you for your abundant prosperity. Fill out the blank and return it to us.

Unity School of Christianity, 917 Tracy, Kansas City, Mo.

Please send me a Prosperity Bank and enter a year's subscription for *Daily Word* for each of the persons here named. I will save \$3 for the subscriptions, which are to begin at once. I ask the prayers of Silent Unity for my success.

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Begin Again!

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"AT SUNRISE EVERY SOUL IS BORN AGAIN."

If it be true that every soul is born again each morning it is also true that it is the desire of every person to make a fresh beginning with the new year. Yet how many times we seem to be unable to turn our resolutions into the right channel of activity.

You may make a new beginning with the assurance of making real progress and success when you use the book Beginning Again, by Frank B. Whitney, to help you take a new hold on life. It will inspire you to keep pressing on to new endeavors.

Whether it is new health that you need, a new start financially, or new harmony in your personal relations, you can begin to make it come true right now through the teaching of this simple and practical book. The price is \$1 for the cloth; \$2 for the flexible binding.



UNITY SCHOOL OF CHRISTIANITY
917 Tracy Avenue, Kansas City, Mo.

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